



Coordinators' Communique

State Health Plan Prevention Partners

August/September 2004



Our New Pedometer

Prevention Partners is pleased to announce that we are now offering pedometers at the incredible low price of just \$3.60. These pedometers provide accurate pendulum movement and display information such as time of day, distance traveled, average speed, calories burned, and steps taken. For information on ordering call (803) 737-3820 or go to our website www.eip.sc.gov (click on "Prevention Partners").

A daily routine — 30 minutes or more — of moderately paced or brisk walking can help you control your weight, lower cholesterol, strengthen your heart, and reduce the likelihood of serious health problems down the road. Plus, walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. It's inexpensive, and all you need is a pair of shoes with sturdy heel support.

There are many ways you can increase your physical activity to maintain a basic level of fitness without setting aside a big part of your busy day:

- Walk up the stairs instead of riding the escalator
- Take an after-dinner walk with your family
- Choose the farthest parking spot in the lot at work
- Take your lunch outdoors instead of at your desk

By walking 30 to 60 minutes a day at a brisk pace, you're on your way to better health!

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two are as follows:

- September 15-16, 2004 Columbia SouthTrust Building
- October 14, 2004 Rock Hill Catawba Regional Council of Governments

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.sc.gov.

Chronic Disease Workshops

We have three chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- Diabetes September 10, 2004 Bennettsville Marlboro County School District
- Digestive Disorders September 21, 2004 Columbia Capital Senior Center
- Diabetes September 21, 2004 Columbia Capital Senior Center

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at rmakhuli@eip.sc.gov.

Weight Loss Skills Workshops

Prevention Partners is offering free workshops on weight loss skills. This seminar will address key components needed for successful long-term weight loss. Participants will also have the opportunity to review weight loss software that has been successful in helping people achieve weight loss. Workshops currently scheduled are as follows:

- August 10, 2004 Anderson Anderson County DSS 1:30 pm – 4:30 pm

Registration forms for this workshop can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management").

Developing a Healthy Lifestyle

Developing a Healthy Lifestyle is a seminar designed to give participants an overview of some of the most important components of a healthy lifestyle. Areas of focus include Becoming a Savvy Consumer, Health Status, Nutrition, Physical Fitness, and Plan of Action.

- August 3, 2004 Sumter DHEC
- August 11, 2004 Columbia Department of Revenue
- August 12, 2004 Moncks Corner To be announced

Registration forms for these workshops can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management").

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